



2019-2020 FALL/WINTER WOMEN'S 'A' VOLLEYBALL SCHEDULE

Thursday's at Wallace Pruitt Recreation Center

440 TUCKASEEGEE ROAD, CHARLOTTE, NC 28208

<u>DATE</u>	<u>TIME</u>	<u>HOME</u>	<u>VS</u>	<u>AWAY</u>
11/14/2019	7:30P	SETS WITH LILY	VS	STRAIGHT OUTTA SMITH
	8:15P	NOTORIOUS DIG	VS	LADY GRIND
11/21/2019	7:30P	LADY GRIND	VS	STRAIGHT OUTTA SMITH
	8:15P	NOTORIOUS DIG	VS	SETS WITH LILY
12/5/2019	7:30P	SETS WITH LILY	VS	LADY GRIND
	8:15P	STRAIGHT OUTTA SMITH	VS	NOTORIOUS DIG
12/12/2019	7:30P	LADY GRIND	VS	NOTORIOUS DIG
	8:15P	STRAIGHT OUTTA SMITH	VS	SETS WITH LILY
12/19/2019	7:30P	SETS WITH LILY	VS	NOTORIOUS DIG
	8:15P	STRAIGHT OUTTA SMITH	VS	LADY GRIND
1/9/2020	7:30P	NOTORIOUS DIG	VS	STRAIGHT OUTTA SMITH
	8:15P	LADY GRIND	VS	SETS WITH LILY
1/16/2020	7:30P	SETS WITH LILY	VS	STRAIGHT OUTTA SMITH
	8:15P	NOTORIOUS DIG	VS	LADY GRIND
1/23/2020	7:30P	LADY GRIND	VS	STRAIGHT OUTTA SMITH
	8:15P	NOTORIOUS DIG	VS	SETS WITH LILY
1/30/2020	7:30P	SETS WITH LILY	VS	LADY GRIND
	8:15P	STRAIGHT OUTTA SMITH	VS	NOTORIOUS DIG



RAY's Sports & Fitness Focus

Before Game Time!!

Eat 2-4 hours before your game begins and drink 16-20 full ounces of water.

Meal prep: 60% Carbohydrate, 20% Protein, 20% Fat

Carbohydrates give you energy, **Protein** repair muscle, and **Fat** is stored energy.

